

Among Friends



Fond du Lac Senior Center ...where friends meet!

SEPTEMBER 2017

Proudly serving the Fond du Lac community for 50 years!

Celebrating Senior Centers: Masters in Aging

Programming designed to

Empower ~ Enlighten ~ Engage ~ Enrich

Happy National Senior Center Month!

2017

Hello, September!

A Free Monthly Publication

Vol. 8 • No. 9

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at our Center.

Visit us online at www.fdlseiorcenter.com

Newcomer Tour

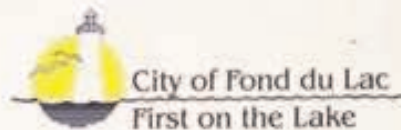
Call **322-3630** if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



Happy National Senior Center Month! I thought that I would share with you all the wonderful Proclamation that we received from the Fond du Lac City Council to commemorate this special month. We are fortunate to have such great support from the City, the Friends of the Fond du Lac Senior Center organization, our volunteers, our community partners, and all of you, our Friends members and participants!

This is a special place, and like the proclamation states, we work every day to enhance the well-being of people aged 50 and over in our community. I hope that as you read through our newsletter you find things that interest you! And please stop and see us this month—there are a lot of reasons to celebrate our month!

Cathy



Proclamation

Whereas, older Americans are significant members of our society, investing their wisdom and experience to help enrich and better the lives of younger generations; and

Whereas, as encouraged and supported by the Older Americans Act, the Fond du Lac Senior Center has acted as a catalyst for mobilizing the creativity, energy, vitality, and commitment of the older residents of Fond du Lac; and

Whereas, the Fond du Lac Senior Center provides opportunities for older adults to stay active and healthy, continue learning, share experiences and stay connected with friends and community members by providing health and wellness programs, nutrition services, educational and recreational activities, arts and humanities programs, travel, and fitness programs;

Now, Therefore, I, Karyn Merkel, President of the Fond du Lac City Council, by my signature affixed, on behalf of our City and its residents, do hereby proclaim September as Senior Center Month and encourage all citizens to recognize the special contributions of the Fond du Lac Senior Center participants and the special efforts of the Friends of the Fond du Lac Senior Center and the staff and many volunteers who work every day to enhance the well-being of people aged 50 and over in our community.



Dated: August 2017

K. Merkel
Karyn Merkel, President
Fond du Lac City Council

Celebrate National Senior Center Month with us!



* Trivia Contest

Questions posted in the lobby each week

*** Cupcakes on Friday, September 29th**
10:00a.m.~2:00p.m.

Newsletter Crew

Editor.....Cathy Loomans
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Call or stop by today!



920-322-1111



www.stpetersplaceapts.com

Programs & Activities

Melodies and Memories Choir

Thursday, September 14
3:30- 4:30 p.m.

If you like to sing just for fun, our Melodies and Memories Choir was created just for you! We also welcome singers with the early stages of dementia along with their care partners.

Beginning Card Making

Tuesday
Sept. 19th

2:00 - 4:00 pm
Cost: \$5.50

Christine Bertram will teach you everything you need to know about stamps, papers, inks, cutting tools & adhesives. Materials to create two cards included with the cost!

Deadline to register: Monday, Sept. 18 at 12PM



Aging Mastery Program®

National Council on Aging

Join Us!

Mondays 1:30 - 3:00 p.m.

Begins September 25th



Topics for this 10 week program include:

Navigating Longer Lives - Sarah Docter, FDL Senior Center
Advance Planning - Linda Wein, Heartland Hospice
Medication Management - Tiffany O'Hagen, Walgreens Pharmacy
Falls Prevention - Jamie Roth, Rehab Arisces
Exercise and You - Jeanne McDowell
Healthy Relationships - Everest Brooks, Department of Community Programs
Sleep - Danielle Reysen, Agnesian Healthcare Neurodiagnostics and Center for Sleep Disorders
Financial Fitness - Jonathan Leonard, Thrivent Financial
Healthy Eating and Hydration - Dr. Heather Schmidt, Agnesian
Community Engagement - Bridget Bestor, FDL Advocap

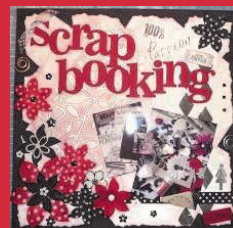
\$25.00 for all 10 weeks

Sign up at the Front Desk in-person or call (920) 322-3630!



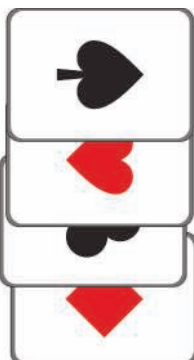
SCRAPBOOK Group

Thursdays 10:00 a.m.



Check the calendar to find the days/times for the following card games:

- Bridge
- Canasta
- Cribbage
- Euchre
- Hand and Foot
- Poker
- Recreational Sheephead
- Recreational Euchre
- Sheephead
- Skat



Programs & Activities

5



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

15th Anniversary Party and Annual Meeting



**Monday, September 18th
1:30**

Fond du Lac Senior Center

Cost: None

Registration Deadline: September 14th

Limit: None

And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you're interested!

SCAMP BAND

Wednesday Morning

8:30

**Come for the music,
stay for the fun!**



Tuesdays at 1:00 p.m.

SALT/TRIAD Meeting

September 28th 1:00

Everyone Welcome! Come and be a part of making Fond du Lac a better community.

* **Updates** from FDL County Sheriff, FDL City Police, FDL Fire Department, Department of Senior Services and more

* **Special topic**—Tails for Life - a local organization that is dedicated to training service dogs



Stitchery Group

Tuesdays



1:00

Bring your project and join us!

UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance:

**Monday, September 11th
2:00 p.m.
Harbor Haven**



Handchime Choir

Practice Wednesday or Thursday mornings
Contact Gail Zimmerman if you are
interested in joining us! (920) 924-0218

Programs & Activities

Welcome back to the groups who have been off for the summer months!

Group Singing Class Tuesdays 10:00—11:00



*Returning Sept. 12th
\$25 for 6 classes
Sign up at the front desk.*



Wii Bowling Fridays 1:00

Returning Sept. 15th
Openings for bi-weekly and substitute bowlers
Returning bowlers please call to register!
322-3630

**Come Join the Fun!
Red Hat Chorus
Fridays 10:00a.m.**



**Returning
September 8th**



8 Ball— 8:30 Tuesday Mornings - 2 Men
9 Ball— 8:30 Wednesday Mornings - 1 Man

Leagues begin Sept. 5th and Sept. 6th

Subs always welcome



**Mondays ~ 1:00-2:30
Returning Sept. 18th
Everyone Welcome!**

Memory Writers Group

*Memories
are
timeless treasures
of the
Heart*

Fridays - 1:00-3:00
Returning Sept. 8th
Join us to write about your
life's stories



Woodcarving Club

Monday 9:00a.m.

New members always welcome!

My Hometown Project

Rick Whaley and Herman Bender
Thursday, Sept. 14
1:00 p.m.
FDL Senior Center



Budding Fond du Lac historians are invited to help tell the story of the city's historic buildings. Along with Rick Whaley and Herman Bender, participants will work with volunteer researchers and learn how to access free resources: the library's collection, online resources, government data, Fond du Lac Historical Society materials and more.

My Hometown is open to anyone in the community who would like to find out about the past and present that information to the public. Join us to learn more about how you can help!

\$16 for a
4-class
punch card!

Art Classes

Session 1: September 12, 19, 26 (no class on September 5)



Classes Include:

- Acrylic & Oil Painting:
Tuesdays, 10am—noon
- Drawing/Watercolor:
Tuesdays, 1pm-3pm

(Mixed Media is now being incorporated into the 10am and 1pm classes)

Please sign up at the Front Desk!

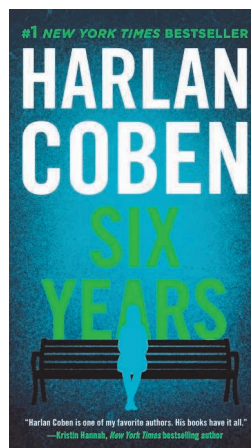
BOOK CLUB

Monday, September 18 at 9:30 a.m.

Copies available at the Senior Center

BOOK OF THE MONTH: Six Years by Harlan Coben

Six years have passed since Jake Fisher watched Natalie, the love of his life, marry another man. Six years of keeping his promise to leave Natalie alone, and six years of tortured dreams of her life with her new husband, Todd. So when Jake comes across Todd's obituary, he can't keep himself away from the funeral. There he gets the glimpse of Todd's wife he's hoping for.... But she is not Natalie. Soon Jake's search for the woman who broke his heart puts his very life at risk, as he uncovers the secrets and lies that love can hide...



**Thursday
September 21st
1:00**

**Featured Speaker:
Judy Goldsmith
on The Humanity
Project.**



**Don't forget that we are closed
on Labor Day. See you Tuesday!**

Monthly Movies

Thursday September 7: Beauty and the Beast

11:45 a.m. Lunch (optional);
1:00 p.m. Movie

2017 • Fantasy/Romance • 2h 10m
PG

Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in its castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside.



Wednesday, September 20: Going in Style

11:45 a.m. Lunch (optional);
1:00 p.m. Movie

2017 • Crime film/Comedy • 1h 36m
PG-13

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



Mark your calendar for September movies:

Thursday, October 5 at 1:00 PM: The Zookeeper's Wife

Wednesday, October 18 at 1:00 PM: Table 19

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!

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September 2017
Fond du Lac County
Senior Dining
Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the "Services" tab.

- Friday, Sept. 1: Country Fried Steak
- Monday, Sept. 4: Closed—No Meal
- Tuesday, Sept 5: Cranberry/Kraut Meatballs
- Wednesday, Sept. 6: Chicken Breast
- Thursday, Sept. 7: BBQ Pork Cutlet
- Friday, Sept. 8: Fruited Chicken
- Monday, Sept. 11: Pot Roast
- Tuesday, Sept. 12: Baked Chicken
- Wednesday, Sept. 13: Beef Stew
- Thursday, Sept. 14: Liver and Onions
- Friday, Sept. 15: Pork Steak
- Monday, Sept. 18: Glazed Ham
- Tuesday, Sept. 19: Swedish Meatballs
- Wednesday, Sept. 20: Baked Spaghetti
- Thursday, Sept. 21: Burg/Mushroom Chopped Steak
- Friday, Sept. 22: Chicken Teriyaki
- Monday, Sept. 25: Swiss Steak
- Tuesday, Sept. 26: Meatloaf
- Wednesday, Sept. 27: Baked Chicken
- Thursday, Sept. 28: Crispy Fish Fillet
- Friday, Sept. 29: Chicken Tetrizzini



2017 DINE OUT COUPON BOOKS

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 55 coupons from 45 different restaurants!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday, September 7th 12:00 Noon

Call our Center at (920) 322-3630 to register!



Faros Family Restaurant
 131 N. Pioneer Road Fond du Lac

The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if you're interested!

SEPTEMBER'S SUPPER CLUB Friday, September 15th at



445 N Pioneer Rd Fond du Lac

**Featuring the
 ORIGINAL COLONY FRIDAY FISH FRY**

Social: 5:00 p.m. ; Dinner: 5:30 p.m.

Join us each month as we try out different restaurants in the area. Please call (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.

Tuesday Night Dining Group

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:00 p.m.

- | | |
|-----------------|--|
| Sept. 5 | Blanck's Lake Aire
N8751 LakeShore Dr. Fond du Lac |
| Sept. 12 | Roepke's Village Inn
W2686 St. Charles Rd. Chilton |
| Sept. 19 | Schmitt's Oar House
N7044 Winnebago Dr, Fond du Lac |
| Sept. 26 | Jim & Linda's Lakeview Supper Club
W3494 Cty Rd W Malone |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at (920) 269-4180

Bike Ride

**Wednesday,
September 20th at
10:30 a.m.**

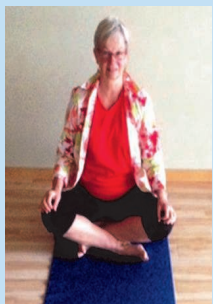
We will meet at the DeNeveu Shelter in Lakeside Park. Riders will pick the route that day.

Please call us (920) 322-3630 to register or if you need directions.

Enjoy the outdoors with a wonderful group of people, while staying active! Bikers should bring a water bottle, money for lunch (if you want lunch) & 50¢ for donation.

September Rain Date:

Thursday, September 21 at 10:30 a.m.



Yoga with Jeanne

**Openings available in the
9:00 am class.**

***Class starts Thursday,
September 7th
8 week session - \$40***

Cardio Drumming Returns!

**Tuesdays at 3:15
8 classes for \$24.00**

**Punch cards
available at the front desk**



FOOT CARE

Due to staffing changes at the Fond du Lac County Health Department, they are phasing out the Foot Care Program by the end of 2017. Existing clients should have received an information letter in the mail. Please call the Health Department at (920) 929-3085 if you have any questions.

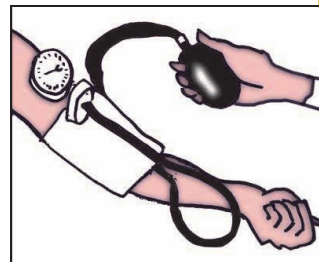
HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Harbor Haven

Friday, September 8; 9:00 a.m.

No appointment needed.
Donations accepted.



BLOOD SUGAR TESTING

Sponsored by Lutheran
Homes & Health Services

**Friday, September 8;
9:00 a.m.**

No appointment needed. *12-hour fast required.*
Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Next Screening Day:

Friday, September 8;

FREE hearing screenings and FREE hearing aid cleaning. Please call 322-3630 for an appointment.
Donations accepted.



Balance & Body

Movement

**Class on
Fridays from
10-10:30AM**

Laurence Lewis
leads this
ongoing weekly

class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!**

LINE DANCING CLASS

Beginning Country Line Dancing

Saturdays

10am—11:30am

September 9, 16, 23

Country Line Dancing

Thursdays

6pm to 7:30pm

September 7, 14, 21, 28



**\$10 for a 4 class punch card
available at the Front Desk!**

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!

Tuesday 9:00-10:00 a.m.

**Next Session: Starting
September 12**

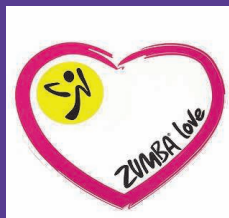
Cost: \$45.00



Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

Please register and pay at the Front Desk.

ZUMBA GOLD



Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards
\$40.00 available from Instructor Kirsten
Quam

NEW CLASS!
Drop ins
welcome!

Chair Tai Chi Concepts

Fridays

Beginning September

8th

9:00-9:45a.m.



Perfect for people who use walkers, wheel
chairs, or who want to experience tai chi
concepts from a seated position.

Call to register for this FREE class
920-322-3630



Hiking Group

This group meets on Tuesdays &
Thursdays at 10 a.m. *Please call Ruth at
921-7192 for more information including
each day's meeting place*



Self Defense Fridays

10:30-11:00am

with Laurence Lewis

**No registration required -
Free class, just drop in!**

CHAIR EXERCISE CLASSES

Men and women welcome!



**LOW IMPACT CHAIR
EXERCISE with Sarah Docter**
Mondays 9:00–9:30 a.m.

CHAIR EXERCISE VIDEO
Wednesdays 10:00–10:30 a.m.

Outreach

Senior Outreach Program Reaching Out ~ Touching Lives

Community Cares

The next Community Cares visit will be on Tuesday, September 26th **from 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

If you would like to participate or have questions, call 322-3641. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, September 7th at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Note: This is for Outreach Program Volunteers Only



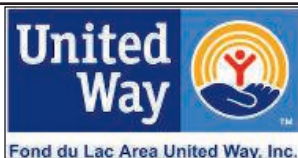
The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center, Inc.

Fond du Lac County Department of Community Programs

Fond du Lac Area United Way

Fond du Lac Area Foundation



Do you like to make others smile?

Join one of our outreach programs to help decrease isolation in our community and make someone's day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a "friend" and asked to visit them for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say "Hello." Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.

Learn more about our Outreach Opportunities & how to volunteer by calling Sarah at (920) 322-3641.

Mah Jongg Tuesdays and Thursdays 12:00



Mah Jongg is a tile-based game that originated in China during the Qing dynasty. Similar to the Western card game rummy, Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance.

Come join the fun!!

New players welcome - we'll teach you how to play!!

Fond du Lac
Karen



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karen@milwaukee Memorials.com

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September

Monday	Tuesday	Wednesday	Thursday	Friday										
<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Senior Dining Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</div> <div><div>Fellowship, Food & Fun</div></div>	<div><div>Center Closed</div><div></div></div>	<div>4</div> <div>8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 No Acrylic & Oil Painting Class 12:00 Mahjong 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Stitchery Group 1:00 No Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers at NFDL HS 6:00 Senior Dining-Blanck's Lake Aire Social at 5:30</div>	<div>5</div> <div>8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 10:00 Video Chair Exercise 12:00 Canasta 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance Happy Travelers Trip-Round Robin Restaurants</div>	<div>6</div> <div>8:30 Hand Chimes 9:00 & 10:30 Yoga 9:00 Outreach 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—FARO's 12:00 Mahjong 12:30 Bridge 1:00 Movie-"Beauty and the Beast" 1:00 HT "Colors of New England" Document Meeting 1:00 Cribbage 1:00 Flying Geese Quilters @ seminar 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club 6:00 Local Parents of Angels</div>	<div>7</div> <div>8:00 Skat 9:00 Hand Chimes 9:00 & 10:30 Yoga 9:00 Outreach 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—FARO's 12:00 Mahjong 12:30 Bridge 1:00 Movie-"Beauty and the Beast" 1:00 HT "Colors of New England" Document Meeting 1:00 Cribbage 1:00 Flying Geese Quilters @ seminar 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Crafters Club 6:00 Local Parents of Angels</div>	<div>8</div> <div>9:00 Health Screenings -Sponsored By Lutheran Hm & Harbor Haven 9:00 Hearing Screening and Hearing aid cleaning 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Memories Writers Group 1:15 Sheephead 1:30 Game Day Pecker Day and Badger Day—Wear Your Green & Gold or Badger Red 9 Saturday 10:00 Beg. Country Line Dance 10 Sunday</div>	<div>1</div> <div>9:00 Self Defense Class 10:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day Badger Day—Wear Your Badger Red 2 Saturday 3 Sunday</div> <div><div>Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards</div><div>Gift Shop is open 10-4 Monday-Friday 4-6 Thursday</div><div>Stop in each week and correctly answer the weekly trivia question for a chance to win a prize in honor of National Senior Center Month</div></div>	<div>9</div> <div>9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 8:00 Skat 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>10</div> <div>9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 8:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>11</div> <div>9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 8:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>12</div> <div>8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 8:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>13</div> <div>8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 8:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>14</div> <div>8:00 Skat 9:00-5:00 Brat Fry at Piggly Wiggly 9:00 Hand Chimes 9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>	<div>15</div> <div>9:00 Chair Tai Chi Concepts 9:00-5:00 Brat Fry at Piggly Wiggly 10:00 Balance and Body Movement</div>

<div>1:00 Euchre</div> <div>1:00 Recreational Euchre</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>2:00 Umbrella Brigade at Harbor Haven</div> <div>5:30 Zumba Gold</div>	<div>10:00 Acrylic & Oil Painting Class</div> <div>10:00 Singing</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Bingo-Sponsor: Manor Care</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>3:15 Cardio Drumming</div> <div>6:00 Winnebago Woodworkers</div> <div>6:00 Coin Club</div> <div>6:00 Senior Dining-Roepeke's Social at 5:30</div>	<div>10:00 Video Chair Exercise</div> <div>10:00 Jam Session -All Instruments welcome</div> <div>12:00 Hand & Foot</div> <div>1:00 Recreational Sheephead</div> <div>1:15 Sheephead</div> <div>7:30 Wed Night Dance</div> <div>Happy Travelers Trip-Waupaca River</div>	<div>9:00 Foot Care</div> <div>9:00 & 10:30 Yoga</div> <div>10:00 Hiking</div> <div>10:00 Beginning Bridge</div> <div>10:00 Scrapbooking</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Cribbage</div> <div>1:00 My Hometown Project</div> <div>3:30 Melodies and Memories Choir</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>7:00 Sunset Stitches</div> <div>Happy Travelers Trip-Fireside Theatre "Elvis Lives"</div>	<div>10:00 Red Hat Chorus</div> <div>10:30 Self Defense Class</div> <div>1:00 Wil Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>5:00 Supper Club-Sombrero's</div> <div>5:00 Social; 5:30 Dinner</div> <div>Packer Day and Badger Day—Wear Your Green & Gold or Badger Red</div> <div>16 Saturday</div> <div>10:00 Beg. Country Line Dance</div> <div>17 Sunday</div>	
<div>18</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>9:30 Book Club</div> <div>1:00 Euchre</div> <div>1:00 Recreational Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>1:30 Red Hat Anniversary Party And Annual Meeting</div> <div>5:30 Zumba Gold</div>	<div>8:30 Pool League 8 Ball</div> <div>9:00 Tai Chi</div> <div>10:00 Hiking</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>10:00 Singing</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Bingo-Sponsor: Almost Family</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>2:00 Beginning Card Making</div> <div>3:15 Cardio Drumming</div> <div>6:00 Winnebago Woodworkers at NFDL HS</div> <div>6:00 Senior Dining-Schmitt's Social at 5:30</div>	<div>20</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>10:00 Video Chair Exercise</div> <div>10:30 Bike Ride-Meet at DeNeuve Shelter at Lakeside Park</div> <div>12:00 Canasta</div> <div>12:00 Hand & Foot</div> <div>1:00 Movie—"Going in Style"</div> <div>1:00 Recreational Sheephead</div> <div>1:15 Sheephead</div> <div>7:00 Stamp Club</div> <div>7:30 Wed Night Dance</div>	<div>21</div> <div>8:00 Skat</div> <div>9:00 Hand Chimes</div> <div>9:00 & 10:30 Yoga</div> <div>10:00 Hiking</div> <div>10:00 Beginning Bridge</div> <div>10:00 Scrapbooking</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Cribbage</div> <div>1:00 HT- Mississippi Doc Meeting</div> <div>1:00 AARP</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:00 Chartastics Crafters Club</div> <div>6:00 Local Parents of Angels</div>	<div>22</div> <div>9:00 Friends Board</div> <div>9:00 Chair Tai Chi Concepts</div> <div>10:00 Balance and Body Movement</div> <div>10:00 Red Hat Chorus</div> <div>10:30 Self Defense Class</div> <div>1:00 Wil Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>Packer Day—Wear Your Green & Gold</div> <div>Happy Travelers Trip-Cranberry Fest</div> <div>23 Saturday</div> <div>10:00 Beg. Country Line Dance</div> <div>24 Sunday</div>	<div>29</div> <div>9:00 Chair Tai Chi Concepts</div> <div>10:00 Balance and Body Movement</div> <div>10:00 Red Hat Chorus</div> <div>10:00-2:00 Cupcakes for National Senior Center Month</div> <div>10:30 Self Defense Class</div> <div>1:00 Wil Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>Badger Day—Wear Your Badger Red</div> <div>30 Saturday</div> <div>10/1 Sunday</div>
<div>25</div> <div>8:00 Newsletter Assembly</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 Recreational Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>1:30 AMP - Navigating Longer Lives</div> <div>5:30 Zumba Gold</div>	<div>26</div> <div>8:30 Pool League 8 Ball</div> <div>9:00 Tai Chi</div> <div>10:00 Hiking</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>10:00 Singing</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Bingo-Sponsor: Rehab Arisces</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>2:00 Community Cares</div> <div>3:15 Cardio Drumming</div> <div>6:00 Winnebago Woodworkers at NFDL HS</div> <div>6:00 Senior Dining-Jim & Linda's Social at 5:30</div> <div>Happy Travelers Trip leaves for New England</div>	<div>27</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>10:00 Jam Session -All Instruments welcome</div> <div>10:00 Video Chair Exercise</div> <div>12:00 Hand & Foot</div> <div>1:00 Recreational Sheephead</div> <div>1:15 Sheephead</div> <div>7:30 Wed Night Dance</div>	<div>28</div> <div>8:00 Skat</div> <div>9:00 Hand Chimes</div> <div>9:00 & 10:30 Yoga</div> <div>10:00 Hiking</div> <div>10:00 Beginning Bridge</div> <div>12:00 Mahjong</div> <div>12:30 Bridge</div> <div>1:00 Cribbage</div> <div>1:00 SALT/TRIAD</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:30 Alzheimer's Support Group</div> <div>Packer Day -Wear Your Green & Gold</div>	<div>29</div> <div>9:00 Chair Tai Chi Concepts</div> <div>10:00 Balance and Body Movement</div> <div>10:00 Red Hat Chorus</div> <div>10:00-2:00 Cupcakes for National Senior Center Month</div> <div>10:30 Self Defense Class</div> <div>1:00 Wil Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>Badger Day—Wear Your Badger Red</div> <div>30 Saturday</div> <div>10/1 Sunday</div>	<div>29</div> <div>9:00 Chair Tai Chi Concepts</div> <div>10:00 Balance and Body Movement</div> <div>10:00 Red Hat Chorus</div> <div>10:00-2:00 Cupcakes for National Senior Center Month</div> <div>10:30 Self Defense Class</div> <div>1:00 Wil Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>Badger Day—Wear Your Badger Red</div> <div>30 Saturday</div> <div>10/1 Sunday</div>

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**A Special THANK YOU
To Fond du Lac's A&W for providing
the ice cream to help us celebrate
National Senior Citizen's Day last
month.**



THANK YOU!!!

To the Fond du Lac School District for the complimentary passes to athletic and music events within the district. These passes are available to our participants on a "check out" basis and can be used for an event and returned the next business day. If you are interested, stop at the front desk for more information.

It's that time of year again!

Be sure to wear your Packer and Badger gear on Fridays or Game Days!

#OnWisconsin #GoPackGo



Photos from front cover: (left to right)

- Our Woodcarvers with their work on display
- Happy Travelers on the Yellowstone trip
- Grilling for the Senior Summer Games
- Senior Summer Games participants

Photo on right:

- Happy Travelers on the SS Badger trip

Parkinson Dance/Movement Class Fond du Lac



Call Lori Anderson at Fond du Lac County's Department of Senior Services (920) 906-4792 or the Wisconsin Parkinson Association (414) 312-6990 for more information including dates /times.



**DATE: Friday,
October 6th**

TIME: 8:30-10:30

PLACE: Fond du Lac Senior Center

Fond du Lac County Health Department is offering influenza vaccine for **\$30.00 per dose and high dose vaccine (age 65 & up) \$50.00 per dose.**

Medicare Part B, Medicare Advantage Plan and Medicaid will be accepted if an accurate number is provided. Receipts for cash will be issued upon request and may be submitted to other insurances for possible reimbursement. If you have any questions, or are interested in having an on-site influenza clinic, call the Health Department at 929-3085.



Happy Travelers

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Happy Travelers' Office

322-3635/322-3633
happytravelers@fdl.wi.gov

Hours: Monday—Thursday
9:00 a.m. to 3:00 p.m.

Friends of the Fond du Lac Senior Center membership is required to travel



**Menominee
Casino and
Red Robin**

**November
27, 2017**

\$44 DT

Red Robin
 GOURMET BURGERS AND BEWS



Lambeau Field Stadium Tour

November 16, 2017
\$65 DT



Document Party Reminder:

Colors of New England -
 Sept. 7 1:00 p.m.
 Mississippi River Cruise -
 Sept. 21 1:00 p.m.



Cranberry Fest
 September 22, 2017
 Warrens, WI
\$55 DT

**Yerkes Observatory
and Black Point Estate**
 October 17, 2017
\$90 IN



UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!

**Round Robin Restaurants featuring the Loos Boat
Cruise on the Fox River** \$99 *IN* Wed., Sept. 6;
 10:45 a.m. -5:00

Waupaca River \$60 *IN* (dinner) - **7 seats left!**
 Wednesday, September 13, 11:00am—8:30pm

Elvis Lives \$105 *IN*
 Thursday, September 14; 3:15pm-12:30am

Cranberry Fest \$55 *DT*
 Friday, September 22; 7:30am-8:00pm

**Yerkes Observatory/Black Point Estate featuring
the World's Largest Refracting Telescope**
 \$90 *IN* Tues., October 17; 9:00 a.m. to 5:30 p.m.

Packer Stadium/Hall of Fame \$65 *DT*
 Thursday, Nov. 16; 9am-5pm

Menominee Casino/Red Robin in Oshkosh \$44 *DT*
 Monday, November 27; 9am-6:30pm

Miracle on 34th Street (Fireside Theatre) \$105 *IN*
 Thursday, December 7; 8:15am-6pm

Danny O'Donnell at the Crystal Grand, Wisconsin
 Dells \$112 *DT*

Saturday, March 3rd 2018 3:00 Show ****** DUE
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2018 Iceland: Land of Fire & Ice

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Ongoing Activities

SERVICES AVAILABLE

- Free computer/Internet access for Friends members
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- FDL County Department of Senior Services Dining Program.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

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Announcements

911 Emergency Phones Available



The Senior Center now has free emergency 911 cell phones for people that need them. These phones will ONLY dial 911 and can be used to get help in an emergency.

If you need a phone for emergency use only, please stop and pick one up at the Center.

Fond du Lac County Caregiver Conference *A Day of Education and Support for Those Who Care*

Tuesday, September 26, 2017 8:30 - 3:30
Holiday Inn
Fond du Lac

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**What is New and What is True in
Alzheimer's Research - Dr. Piero G
Antuono MD**

Recipe for Caring—Linda Markut

For more information contact Ginny
Nyhuis at gnyhuis@alz.org or
920-838-1311

Brat Fry

Thursday Sept 14—Friday Sept 15
9:00am-5:00pm



Piggly Wiggly

131 University Drive Fond du Lac



All proceeds go to support the Friends of the
Fond du Lac Senior Center

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, Sept. 28 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street Room 4

DIABETIC SUPPORT GROUP

Tuesday, Sept. 19; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

Thursday, Sept 7 & 21 6:00-8:00 p.m. (1st & 3rd
Thursdays)
Fond du Lac Senior Center, 151 E. First Street Room 1
*The Local Parents of Angels is a support group for parents
who have lost a child—. Everyone is welcome!

PARKINSON'S SUPPORT GROUP

Monday, Sept. 11 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, Sept. 12, 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant



Memory Café

September 12 1:00 – 2:30 | Annie's Fountain City Café
We're Never Too Old To Create

September 28 1:00 – 2:30 | Fond du Lac Public Library
The Power of Healing Touch and Arm Chair Travel

Contact Mary Patricia Voell 414-779-8484 with any questions.

alz.org | alzheimer's association

Eldering with Attitude Weekend

Join us for a fun and empowering weekend!

September 23-24

9:00am Saturday—2:00pm Sunday

Holiday Inn Fond du Lac

\$50



* Need some time to yourself or for yourself?

* Need to escape for a short while and meet friends old and new?

The Wisconsin Rural Women's Initiative invites women over 50 to rest, reflect, reconnect and enjoy a fun and engaging weekend. For more information, call Christy at 262-812-3866 or email wisconsinruralwomen@gmail.com

Dementia ... Finding Your Way

Location: Holy Family Catholic Church

Date and Time: Saturday, September 16.

Registration: 8:00 am

Presentation: 8:30 am – 12 Noon

If you are a caregiver of a loved one affected with dementia, a memory concern or wish to have a better understanding about dementia, you are encouraged to attend this presentation. A sampling of topics includes: understanding the signs and symptoms of dementia, the difference between dementia and Alzheimer's as well as resources and programs available within FDL County helping individuals to live safely at home.

Presenters: Sandy Tryon, S.W. (FDL County ADRC) and Ginny Nyhuis, Alzheimer's Association

Registration: FREE Pre-registration appreciated by Tuesday, September 12. Contact Erin Cobb 920-921-0580 Ext. 139 or ecobb@hffdl.org



Dementia Conversations presented by **Ginny Nyhuis**,
Regional Services Manager with the Alzheimer's Association

This educational workshop offers helpful tips to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans.

Campbellsport Library

Thursday, September 28th, 2017 5:30-7:00 PM Call to register: 800.272.3900

Mark Your Calendar!

Drug Free Communities of Fond du Lac County present:

Drug Drop Day - FDL Senior Center

October 18th 10:30am – 12:45pm

Help make our community safer by turning in unused medications.

BRING

- Prescription (controlled and non-controlled)
- Over-the-counter medications
- Ointments, patches, non-aerosol sprays, and inhalers
- Creams, vials, and pet medications

DO NOT BRING

- Illegal drugs, needles/sharps, or aerosol cans
- Bio-hazardous materials (anything containing bodily liquid or blood)
- Mercury thermometers or personal care products (shampoo, soaps, lotions, sunscreens, etc.)
- Household hazardous waste (paint, pesticides, oil, gas, and no acids)

Activities Index

Call 322-3630 for more information about any of these activities. **New members are always welcome!**

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

EDUCATION

ACRYLIC & OIL PAINTING CLASS

Tuesdays at 10:00 a.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.
(June-Aug: Meets on Thursday Mornings)

DRAWING & WATERCOLOR CLASS

Tuesdays at 1:00 p.m.

COUNTRY LINE DANCING

Thursdays at 6:00 p.m.

GROUPS

BOOK CLUB

3rd Monday at 9:30 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES \$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:30 p.m.

GENEALOGY

Call Sarah for more information (920) 322-3641

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00 a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.



QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL Senior Center

Other Tuesdays from 6:00-8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

3rd Wednesday at 10:30 a.m.

CARDIO DRUMMING

Tuesdays at 3:15 p.m.

CHAIR TAI CHI CONCEPTS

Fridays at 9:00 a.m.

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at 9:30 a.m. from May-August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 10:30 a.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA WITH JEANNE

Thursdays at 9:00 and 10:30
Classes fill fast—stop in to check availability.

ZUMBA GOLD

Mondays at 5:30 p.m.



MEETINGS

AARP MEETING

3RD Thursday at 1:00

SALT/TRIAD (Seniors and Law Enforcement Together)

4TH Thursday at 1:00 p.m. *odd months*

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

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4TH Thursday at 6:30 p.m.

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2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

PARENTS OF ANGELS

1st and 3RD Thursday at 6:00 p.m.
Meets at FDL Senior Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

For information or to play,
call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCBRE

Mondays at 1:00 p.m.

REGULAR EUCBRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 **Mondays at 1:15 p.m.**

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL

SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: **Fond du Lac Lutheran Home**

2nd Tuesday (odd months): **Manor Care**

2nd Tuesday (even months): **Harbor Haven**

3rd Tuesday (odd months): **Almost Family**

3rd Tuesday (even months): **The Meadows**

4th Tuesday (odd months): **Rehab Arisces**

4th Tuesday (even months): **Lincoln House**

5th Tuesday: **Visiting Angels**

MAHJONG

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

POOL

Open Pool daily

Pool League Tuesdays 8 ball &

Wednesdays 9 ball Sept-April

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 1:00 and 2:15 p.m.

League Play begins Sept. 15th—

Openings available for full time and subs!



SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at 1:00 p.m. (Dates could vary)

ROMEO'S

(Retired Old Men Eating Out)

1st Thursday at Noon – Restaurant Varies

SUPPER CLUB

Dates and Restaurants vary, please check the "Dining" section in the Newsletter for more details.

Do you have
questions or
Ideas?



Give us a call at
(920) 322-3630
and we'd be more
than happy to help
you!



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Each Visiting Angels agency is independently owned and operated.

2017 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2017 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

September 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

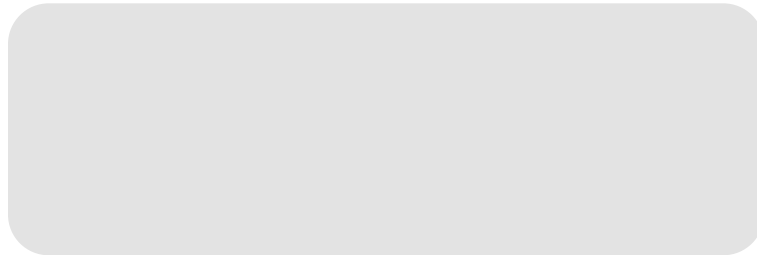
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STAFF

DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

TRAVEL CO-COORDINATOR

Mary Schneider 322-3635

TRAVEL CO-COORDINATOR

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

CARETAKER

Nichole Wilson

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Kevin Dickie
Robert Katzfey
Vickie Michels
John Mirenda
Kathy Schreiber
Wally Seibel
Judi Walters

Fond du Lac Senior Center
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Wisconsin
Association of
Senior
Centers



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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.